

**Amendments to the Claims**

1. (Currently) Method ~~of treatment~~ for acceleration of a physiological recovery process of a user after a physical and/or mental stressing comprising ~~the step of:~~

providing an ingestible product including at least 50 mg of L-theanine;

introducing into ~~a person experiencing~~ the user having experienced the physical and / or mental stressing ~~a quantity of at least 50 mg of L-theanine for accelerating the person's regeneration from the stressing~~ the ingestible product.

2. (Cancelled)

3. (Currently amended) Method of claim ~~[[2]]~~ 1, wherein the quantity of L-theanine is not greater than 200 mg.

4. (Currently amended) Method of claim ~~[[2]]~~ 1, wherein ~~L-theanine~~ the ingestible product is ~~administered~~ in the form of a foodstuff with L-theanine as an additive.

5. (Original) Method of claim 4, wherein the foodstuff is a functional food notionally divisible into a plurality of preselected portion, with each said preselected portion having an L-theanine content of from about 50 mg to about 200 mg.

6. (Currently amended) Method of claim ~~[[2]]~~ 1, wherein ~~L-theanine~~ the ingestible product is ~~administered~~ in the form of a complete drink having an L-theanine content of about 100 mg or of about 600 mg per liter.

7. (Original) Method of claim 1, wherein the L-theanine is selected from the group consisting

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of an enzymatically recovered  $\gamma$ -ethylamino-L-glutamine, natural L-theanine and mixtures thereof.